

SOLVED EXAMPLES

1. Which of the following statements best describes the term 'eustress'?
- It is the pattern of responses an organism makes to a stimulus event that disturbs the equilibrium and exceeds a person's ability to cope.
 - ☒ It is the level of stress that is good for a person and is one of a person's best assets for achieving peak performance and managing minor crisis.
 - It is the stress experienced by people other than oneself.
 - It is the stress that continues for a very long duration.

Ans. (b)

2. Which of the following statements best describes the term stress?
- It is the level of stress that is good for a person and is one of a person's best assets for achieving peak performance and managing minor crisis.
 - It is the anxiety one faces when one is in a threatening situation.
 - ☒ It is the pattern of responses an organism makes to a stimulus event that disturbs the equilibrium and exceeds a person's ability to cope.
 - It is the feeling that a person experiences that something is wrong in one's environment.

Ans. (c)

3. Which of the following statements best describes the term 'strain'?
- ☒ It is one's reaction to external stressors.
 - It is the level of stress that is good for a person and is one of a person's best assets for achieving peak performance and managing minor crisis.
 - It is a person's physiological reaction to any kind of stressor.
 - It is the person's ability to cope with a stressful situation.

Ans. (a)

4. Which of the following statements are true about the term 'stress'?
- Stress can be good as well as bad.
 - Different stressors may produce somewhat different patterns of stress reaction, and different individuals may have different characteristic modes of response.
 - Stress is a dynamic mental/cognitive state.
 - The perception of stress is dependent upon the individual's cognitive appraisal of events and the resources available to deal with them.
- (i), (ii) and (iii)
 - (ii), (iii) and (iv)
 - (i), (iii) and (iv)
 - ☒ All of the above

Ans. (d)

5. Who among the following gave the 'Theory of Cognitive Appraisal' for stress?
- ☒ Lazarus and his colleagues
 - Hans Selye
 - Endler and Parker
 - Holmes and Rahe

Ans. (a)

6. Which of the following are the two types of cognitive appraisals of the events which determine an individual's response to a stressful situation according to Lazarus?
- Positive and negative appraisal
 - ☒ Primary and secondary appraisal
 - Harmful and harmless appraisal
 - Biased and unbiased appraisal

Ans. (b)

7. Which of the following statements best describes the concept of 'primary appraisal' of an event as explained by Lazarus?
- It is the assessment of one's coping abilities and resources and whether they will be sufficient to meet the harm, threat or challenge of the event.
 - ☒ It refers to the perception of a new or changing environment as positive, neutral or negative in its consequences.
 - It refers to the process of making the decision whether to seek someone else's support or not in dealing with the situation.
 - It refers to the process of making the decision whether to fight or run away from a particular stressful situation.

Ans. (b)

8. Which of the following statements best describes the concept of 'secondary appraisal' of an event as explained by Lazarus?
- ☒ It is the assessment of one's coping abilities and resources and whether they will be sufficient to meet the harm, threat or challenge of the event.
 - It refers to the perception of a new or changing environment as positive, neutral or negative in its consequences.
 - It refers to the process of coping with a stressful situation.
 - It refers to the process of making the decision whether to fight or run away from a particular stressful situation.

Ans. (a)

9. Identify the following types of appraisals as harm appraisal, threat appraisal or challenge appraisal.
- It is the assessment of the damage that has already been done by an event.
 - These appraisals are associated with more confident expectations of the ability to cope with the stressful event, the potential to overcome and even profit from the event.

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- (iii) It is the assessment of possible future damage that may be brought about by the event.
- (a) (i) - threat appraisal, (ii) - challenge appraisal, (iii) - harm appraisal
- (b) (i) - harm appraisal, (ii) - threat appraisal, (iii) - challenge appraisal
- ✓ (c) (i) - harm appraisal, (ii) - challenge appraisal, (iii) - threat appraisal
- (d) (i) - challenge appraisal, (ii) - harm appraisal, (iii) - threat appraisal

Ans. (c)

10. Identify the kind of appraisal of the event as primary and secondary appraisal, on the basis of the theory of cognitive appraisal given by Lazarus?

- (i) A non-stop heavy rain suddenly pours at your place. You might think that the heavy rain is not important, since you don't have any plans of going somewhere today. Or, you might say that the heavy rain is good, because now you don't have to wake up early and go to school since classes are suspended. Or, you might see the heavy rain as stressful because you have scheduled a group outing with your friends.
- (ii) You have been selected for an inter-house general knowledge quiz competition in your school. You have never participated in a general knowledge quiz, and you are also not interested in the subject, so you don't pay attention to it. You can either think "I can't do it; I will make my house fail. I don't know why ma'am selected me, but my general awareness and knowledge is the worst". Or you can think "I can do well if I start preparing for it from now on, in any case I will give it a try."
- ✓ (a) (i) - Primary appraisal, (ii) - Secondary appraisal
- (b) (i) - Secondary appraisal, (ii) - Primary appraisal

- (c) (i) - Primary appraisal, (ii) - Primary appraisal
- (d) (i) - Secondary appraisal, (ii) - Secondary appraisal

Ans. (a)

11. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.

Assertion: Stress is not a factor that resides in the individual or the environment, instead it is embedded in an ongoing process that involves individuals transacting with their social and cultural environments.

Reason: The perception of stress is dependent upon the individual's cognitive appraisal of events and the resources available to deal with them.

- (a) Assertion is true but the reason is false.
- (b) The assertion as well as the reason are false.
- ✓ (c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
- (d) The assertion is false but the reason is true.

Ans. (c)

12. Read the assertion and reason statements given below and choose the correct alternative from the options that follow.

Assertion: Stress can cause mental as well as physical illnesses.

Reason: Stress weakens the immune system which guards the body against attackers, both from within and outside.

- (a) Assertion is true but the reason is false.
- (b) The assertion as well as the reason are false.
- ✓ (c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
- (d) The assertion is false but the reason is true.

Ans. (c)

PRACTICE QUESTIONS

1. Identify the following appraisals as threat, harm or challenge, according to the theory of cognitive appraisal given by Lazarus.

- (i) A youth football player in a professional Academy realizes that he is being watched for the first time by the 1st team manager and is excited and motivated to play due to a belief that he has sufficient resources to cope in demonstrating his skills and abilities to prove potential worth as a professional player.
- (ii) A youth football player in a professional Academy being watched for the first time by the 1st manager is nervous to play because he believes that he will perform poorly and not meet expectations due to a recent string of poor performances.
- (iii) A youth football player in a professional Academy is sad seeing that the 1st manager watching him is shaking his head in disappointment at the player's performance.

- (a) (i) - Threat, (ii) - Harm, (iii) - Challenge
- (b) (i) - Harm, (ii) - Challenge, (iii) - Threat
- ✓ (c) (i) - Challenge, (ii) - Threat, (iii) - Harm
- (d) (i) - Challenge, (ii) - Harm, (iii) - Threat

2. Which of the following are the person characteristics which impact the stress appraisal of an event?

- (i) Self-concept
- (ii) Physical health
- (iii) Cultural definitions and meanings
- (iv) Temperament
- (a) Both (i) and (iv)
- (b) (i), (ii) and (iii)
- (c) Both (i) and (iii)
- ✓ (d) All of the above

3. Which of the following are the two glands involved in the physiological stress reaction?

- (a) Pineal gland and thyroid gland
- (b) Pancreatic gland and ceruminous glands
- ✓ (c) Adrenal gland and pituitary gland
- (d) Mammary gland and thymus gland

4. Which of the following hormones is released by the pituitary gland in reaction to a stressful situation?
- (a) Cortisol
(b) Adrenalin
(c) Thyroxine

5. Which of the following is not the neurotransmitter(s) released by the adrenal gland in reaction to a stressful situation?

- (i) Epinephrine (ii) Serotonin
(iii) Norepinephrine (iv) Glycine
(v) Both (i) and (iii)
(vi) Only (ii)

6. Which of the following are the different dimensions of a stimulus which determine the reaction to it?
- (i) Intensity (ii) Duration
(iii) Complexity (iv) Predictability
(v) Both (i) and (ii)
(vi) (i), (ii) and (iv)

7. Identify the sources of psychological stress highlighted in each of the situations given below.

- (i) Ravi is finding it very difficult to decide whether to choose Company A or Company B for the job since both have their own pros and cons. Company A is near his home and has greater learning opportunities whereas Company B is a more reputed company and is offering him a higher salary.

- (ii) Ramesh is from the countryside; he has always been a great student and has stood out from his classmates. After graduating from school, he moves to a university in the capital. After admission, he finds that in the new environment everyone has a similar level of intelligence and knowledge, hence he won't be able to achieve the same excellent level of study and position in his class as it was before. This makes her feel depressed.

- (iii) Manish thinks that he must get full marks in all his subjects in his final examinations in school. In order to achieve this, he studies even in the school bus, during lunch break and begins studying the moment he comes back from school without taking any breaks. He often feels anxious and exhausted due to this.

- (iv) 7-year-old Aditya's parents leave her alone at home with her 1-year-old baby sister, asking Aditya to take care of her sister, feed her, change her diapers etc. If Aditya forgets to do any one thing or makes any mistake, her parents scold her and tell her to be more responsible. As a result, Aditya is very scared to be left alone with her baby sister.

- (a) - Frustration, (ii) - Internal pressure, (iii) - Conflict, (iv) - Frustration, (v) - Internal pressure, (vi) - Social pressure.
(i) - Internal pressure, (ii) - Social pressure, (iii) - Frustration, (iv) - Conflict.
(i) - Social pressure, (ii) - Conflict, (iii) - Social pressure, (iv) - Internal pressure.

8. Which of the following is not an example of social stress?

- (i) Gossiping
(ii) Death of a family member
(iii) Fight with a neighbor
(iv) Illness of sister

9. Which of the following is/are example(s) of physical or environmental stress?

- (i) Noise (ii) Air pollution
(iii) Fight with a neighbor
(iv) Earthquake
(v) Both (i) and (iv)
(vi) Both (i) and (ii)
(vii) (i), (ii) and (iv)
(viii) All of the above

10. Which of the following terms best describes the personal stresses we endure as individuals, due to the happenings in our daily life, such as noisy surroundings, commuting, quarrelsome neighbors, electricity and water shortage, traffic snarls, and so on?

- (a) Traumatic events (b) Life events
(c) Hassles (d) None of the above

11. Which of the following are the physiological effects of stress?

- (i) Expansion of air passages in the lungs
(ii) Fastening of the digestive system
(iii) Constriction of blood vessels
(iv) Increased heart rate
(v) Only (iv)
(vi) (i), (iii) and (iv)
(vii) (ii), (iii) and (iv)
(viii) All of the above

12. Which of the following statements are true about the effects of stress?

- (i) There are four major effects of stress associated with the stressed state. These are emotional, physiological, cognitive, and behavioural.
(ii) Stress can cause mood swings, leading people to show erratic behaviour which may alienate them from family and friends.
(iii) Although physiological reaction to a stressful situation helps us to function more effectively when we are under pressure for short periods of time, it can be extremely damaging to the body in the long-term.
(iv) Stress can also lead to poor concentration, and reduced short-term memory capacity.

- (a) (i), (ii) and (iv)
(b) (i), (ii) and (iv)
(c) (iii) and (iv)
(d) All of the above

13. Which of the following terms best describes a state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress?

- (a) Burnout
(b) General adaptation syndrome
(c) Evaluative apprehension
(d) Trauma

14. Which of the following statements are true about the effects of stress on one's physical health?

- (i) There is convincing evidence showing that stress can produce changes in the immune system and increase the chances of someone becoming ill.
(ii) Stress has been implicated in the development of cardiovascular disorders, high blood pressure, as well as psychosomatic disorders including ulcers, asthma, allergies and headaches.
(iii) Studies reveal that nearly eight per cent of medical visits are primarily for stress-related symptoms.
(iv) Both (i) and (iv)
(v) Both (i) and (ii)
(vi) (i), (ii) and (iii)
(vii) All of the above

15. Who among the following gave the concept of 'General Adaptation Syndrome'?

- (a) Hans Selye
(b) Jordan Peterson
(c) Daniel Kahneman
(d) Abraham Maslow

16. Which of the following statements best describes the concept of 'General adaptation syndrome' given by Hans Selye?

- (a) It is the state of emotional, mental, and often physical exhaustion brought on by prolonged or repeated stress.
(b) It is the pattern of physical changes the body goes through after being exposed to stress.
(c) Experiencing debilitating behavioural, cognitive, and physiological effects in reaction to examinations.
(d) It is the pattern of responses an organism makes to a stimulus event that disturbs the equilibrium and exceeds a person's ability to cope.

17. Choose the option that correctly mentions the stages of General Adaptation Syndrome given by Hans Selye?

- (a) Evaluation apprehension, resistance and adaptation
(b) Threat, Denial and Exhaustion
(c) Alarm reaction, resistance, and exhaustion
(d) Frustration, Conflict, Coping

18. Identify the stages of General Adaptation Syndrome given by Hans Selye, on the basis of their description given below.

- (i) The parasympathetic nervous system calls for stress caused out of the body's resources. The organism makes efforts to cope with the stress, as through coordination.
(ii) The presence of a stressor leads to activation of the adrenal-epinephrine-cortisol system. This triggers the release of hormones producing the stress response, which prepares the individual for fight or flight.
(iii) Continued exposure to the same element or additional stressors drains the body of its resources, and susceptibility to stress-related diseases such as high blood pressure becomes more likely.
(iv) (i) - Alarm reaction, (ii) - Resistance, (iii) - Exhaustion
(v) (i) - Resistance, (ii) - Alarm reaction, (iii) - Exhaustion
(vi) (i) - Exhaustion, (ii) Resistance, (iii) - Alarm reaction
(vii) (i) - Exhaustion, (ii) Alarm reaction, (iii) - Exhaustion

19. Which of the following is the criticism against Hans Selye's model of stress?

- (i) It assigns a very limited role to psychological factors in stress.
(ii) The physiological effects of stress discussed in the model are incorrect.
(iii) The model doesn't discuss the psychological effects of stress.
(iv) There are no criticisms against the model.

20. Which of the following statements best describes the field of psychoneuroimmunology?

- (a) It is the branch of psychology that deals with the relations between physical stimuli and mental phenomena.
(b) It is the branch of psychology concerned with mental processes especially with respect to the internal events occurring between sensory stimulation and the overt expression of behaviour.
(c) It is the branch of psychology that focuses on the links between the mind, the brain and the immune system.
(d) It is the scientific study of the transactions and interrelationships between people and their physical surroundings.

21. Which of the following types of white blood cells produces antibodies?

- (a) T cells (b) Natural killer cells
(c) B cells (d) R cells

22. Which of the following types of white blood cells are attacked by the Human Immunodeficiency Virus (HIV) causing Acquired Immunodeficiency Syndrome (AIDS)?

- (a) T helper cells
(b) Natural killer cells
(c) B cells
(d) R cells

23. Which of the following statements best describes the relationship between stress and physical illnesses?

- (a) Stress does not impact physical illnesses.
(b) Any kind of stress always leads to some or the other physical illnesses.
(c) Only stress resulting from major traumatic events in one's life can lead to physical illnesses.
(d) Stress hormones and/or negative emotions weaken the immune system, thereby affecting physical health.

24. Which of the following statements best describes the term 'pathogens'?

- (a) These are environmental stressors.
(b) These are the agents (like bacteria, viruses, or other microorganisms) causing physical illnesses.
(c) These are the health risking behaviours like smoking and alcohol abuse.
(d) These are the physical illnesses caused due to stress.

25. Which of the following coping strategies of dealing with stressful situations, were given by Endler and Parker?

- (i) Avoidance-oriented Strategy
(ii) Task-oriented Strategy
(iii) Fight-or-flight strategy
(iv) Emotion-oriented Strategy
(a) (i), (ii) and (iv)
(b) (ii), (iii) and (iv)
(c) (i), (ii) and (iv)
(d) All of the above

26. Which of the following statements best describes the term 'coping'?

- (a) It is a dynamic situation-specific reaction to stress. It is a set of concrete responses to stressful situations or events that are intended to resolve the problem and reduce stress.
(b) It refers to the efforts to maintain hope and to control one's emotions when faced with a stressful situation.
(c) It refers to denying or minimizing the seriousness of a stressful situation.
(d) It refers to obtaining information about the stressful situation and about alternative courses of action and their probable outcome.

27. Identify the types of coping strategies on the basis of their descriptions given below, according to the classification of coping strategy by Endler and Parker.

28. The COVID-19 situation is proving to be extremely stressful for you. You try the following coping strategies in order to manage the stress. Identify the type of coping strategies, on the basis of the types of coping strategies given by Endler and Parker.

- (i) You begin with reframing your experience with humor, practicing positivity strategies or embracing gratitude for the aspects of life the pandemic situation hasn't taken from you (You know, like homemade cakes, and Netflix etc.). Later on, you move on to engaging in creative activities, journaling, meditating, deep breathing, playing with pets, and/or spending time in nature to help you deal with the stress.
(ii) You try to stay informed in a more-helpful, proactive way, and research the ways that you can help, and discover some things that you can do, like sewing face masks, supporting local businesses, donating to food banks etc. You also start setting realistic goals and then take baby steps toward achieving them.
(iii) Due to the excess stress, you block your exposure to any information about COVID-19, avoiding newspapers, talking to people around you, watching TV etc. You also keep saying that it's nothing serious and the problem would just end in another two weeks or so. You also avoid wearing masks or taking any other protective action against the pandemic.

(i) This coping strategy involves efforts to maintain hope and to control one's feelings. It can involve venting feelings of anger and frustration, or deciding that nothing can be done to change things.

(ii) This coping strategy involves obtaining information about the stressful situation and about alternative courses of action and their probable outcome; it also involves deciding priorities and acting so as to deal directly with the stressful situation.

(iii) This coping strategy involves denying or minimizing the seriousness of the situation; it also involves conscious suppression of stressful thoughts and their replacement by self-protective thoughts.

- (a) (i) - Emotion-oriented strategy, (ii) - Task-oriented strategy
(b) (i) - Avoidance-oriented strategy, (ii) - Task-oriented strategy, (iii) - Emotion-oriented strategy
(c) (i) - Task-oriented strategy, (ii) - Avoidance-oriented strategy, (iii) - Emotion-oriented strategy
(d) (i) - Avoidance-oriented strategy, (ii) - Emotion-oriented strategy, (iii) - Task-oriented strategy

- (a) (i) - Avoidance-oriented strategy, (ii) - Emotion-oriented strategy, (iii) - Task-oriented strategy
(b) (i) - Emotion-oriented strategy, (ii) - Task-oriented strategy, (iii) - Avoidance-oriented strategy
(c) (i) - Task-oriented strategy, (ii) - Avoidance-oriented strategy, (iii) - Emotion-oriented strategy
(d) (i) - Avoidance-oriented strategy, (ii) - Task-oriented strategy, (iii) - Emotion-oriented strategy

29. Choose the option that correctly identifies the different types of coping responses identified by Lazarus and Folkman?

- (a) Positive and negative responses
(b) Problem focused and emotion-focused responses
(c) Emotion focused, task-focused and avoidance responses
(d) Self-oriented and other-oriented responses

30. Which of the following statements are true about problem-focused and emotion-focused coping strategies identified by Lazarus and Folkman?

- (i) Problem-focused strategies attack the problem itself, with behaviours designed to gain information, to alter the event, and to alter belief and commitments while emotion-focused strategies call for psychological changes designed primarily to limit the degree of emotional disruption caused by an event, with minimal effort to alter the event itself.
(ii) Only problem-focused strategies are necessary for dealing with stressful situations.
(iii) Both problem-focused and emotion-focused coping are necessary when facing stressful situations.
(iv) Research suggests that people generally tend to use emotion-focused coping more than problem-focused coping to deal with a stressful situation.
(a) (i), (iii) and (iv)
(b) (i), (ii) and (iv)
(c) Both (i) and (iii)
(d) Both (i) and (ii)

31. Who among the following developed stress inoculation training?

- (a) Lazarus and Folkman
(b) Hans Selye
(c) Endler and Parker
(d) Meichenbaum

32. Identify the different stress management techniques on the basis of their descriptions given below.

- (i) This procedure consists of a sequence of learned techniques for refocusing attention that brings about an altered state of consciousness.
(ii) It is a procedure to monitor (by using sensors attached to one's body) and reduce the physiological aspects of stress by providing feedback about current physiological activity and is often accompanied by relaxation training.

(iii) It is a subjective experience that uses imagery and imagination.

(iv) This approach aims to replace negative and irrational thoughts with positive and rational ones. It involves three main phases: assessment, stress reduction techniques, and application and follow-through.

- (a) (i) - Meditation procedures, (ii) - Biofeedback, (iii) - Creative Visualization, (iv) - Stress inoculation training
(b) (i) - Biofeedback, (ii) - Meditation procedures, (iii) - Stress inoculation training, (iv) - Creative visualization
(c) (i) - Stress inoculation training, (ii) - Creative visualization, (iii) - Biofeedback, (iv) - Meditation procedures
(d) (i) - Creative visualization, (ii) - Stress inoculation training, (iii) - Meditation procedures, (iv) - Biofeedback

33. Which of the following stress management techniques involves three stages which consist of developing an awareness of the particular physiological response, e.g. heart rate, learning ways of controlling that physiological response in quiet conditions, and transferring that control into the conditions of everyday life?

- (a) Meditation procedures
(b) Creative visualization
(c) Stress inoculation training
(d) Biofeedback

34. Which of the following statements are true about the effect of exercise on stress management?

- (i) Regular exercise improves the efficiency of the heart and enhances the function of the lungs.
(ii) Exercise improves the body's immune system.
(iii) Maintains good circulation, lowers blood pressure, reduces fat in the blood.
(iv) Exercise can provide an active outlet for the physiological arousal experienced in response to stress.
(a) (i), (ii) and (iii)
(b) (i), (ii) and (iv)
(c) (ii), (iii) and (iv)
(d) All of the above

35. Which of the following are true about relaxation techniques used for stress management?

- (i) It is an active skill that reduces symptoms of stress and decreases the incidence of illnesses such as high blood pressure and heart disease.
(ii) Deep breathing is used along with muscle relaxation to calm the mind and relax the body.
(iii) These techniques only focus on relaxing the mind, not the body.
(iv) Usually relaxation starts from the lower part of the body and progresses up to the facial muscles.

- (a) Both (i) and (ii)
(b) Both (i) and (iii)
(c) (i), (ii) and (iv)
(d) Both (i) and (iv)
36. Which of the following are the characteristics (C's) identified by Kobasa for people with high levels of stress but low levels of illness?
- Commitment
 - Creativity
 - Control
 - Challenge
- (i) Courage
(ii) (i), (ii) and (iii)
(iii) (i), (ii) and (iv)
(iv) (i), (iii), (iv) and (v)
(d) All of the above
37. Which of the following statements best describes the term 'hardiness' as explained by Kobasa?
- (a) It is a set of beliefs about oneself, the world, and how they interact. It takes shape as a sense of personal commitment to what you are doing, a sense of control over your life, and a feeling of challenge.
- (b) It is the courage that one shows in the face of fear.
- (c) It is the ability to control one's emotions when one is in distress.
- (d) It is one's ability to stand up to injustice.
38. Which of the following terms best describes the abilities for adaptive and positive behaviour that enable individuals to deal effectively with the demands and challenges of everyday life?
- Commitment
 - Courage
 - Life skills
 - Assertiveness
39. Which of the following statements best describes the skill of assertiveness?
- (a) It involves listening to what the other person is saying, expressing how one feels and thinks, and accepting the other person's opinions and feelings, even if they are different from one's own.
- (b) It is a skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts. It is the ability to say no to a request, to state an opinion without being self-conscious, or to express emotions such as love, anger, etc. openly.
- (c) It is a skill that allows us to be comfortable with being selfish.
- (d) It is a skill that helps impose ourselves on other people.

40. Which of the following things can be done to improve relationships?
- Listening to what the other person is saying
 - Expressing how one is feeling and what one is thinking
 - Accepting the other person's opinions and feelings, even if they are different from one's own
 - Avoiding having any discussions on matters of conflict
- (a) (i), (ii) and (iii)
(b) Both (i) and (ii)
(c) (i), (ii) and (iv)
(d) All of the above
41. Which of the following behaviours can be helpful in enabling individuals to deal effectively with the demands and challenges of everyday life?
- Learning how to plan time and delegate
 - Challenging one's distorted thinking and irrational beliefs
 - Improving one's relationships
 - Overcoming unhelpful habits such as perfectionism, avoidance, procrastination, etc.
- (a) (i), (iii) and (iv)
(b) (i), (ii) and (iii)
(c) (ii), (iii) and (iv)
(d) All of the above
42. Which of the following statements best defines the term 'health'?
- (a) Health is a state of complete physical, mental, social and spiritual well-being, and not merely the absence of disease or infirmity.
- (b) Health is a state of complete psychological well-being.
- (c) Health is the absence of any mental or physical illnesses in one's life.
- (d) Health involves having a sense of direction, meaning and purpose in one's life.
43. Which of the following statements are true about one's diet?
- A balanced diet can lift one's mood, give one energy, feed muscles, improve circulation, prevent illness, strengthen the immune system and make one feel better to cope with stress of life.
 - How much nutrition one needs depends on one's activity level, genetic make-up, climate, and health history.
 - When we are stressed, we seek 'comfort food' which are high in fats, salt and sugar.
- (a) Only (i)
(b) Both (i) and (iii)
(c) Both (i) and (ii)
(d) All of the above

44. Which of the following are positive attitudes that act as stress buffers and facilitate positive health?
- Having a fairly accurate perception of reality.
 - Taking credit for success and accepting blame for failure.
 - Never saying 'No' to anyone for anything.
 - Being open to new ideas and having a sense of humour with the ability to laugh at oneself.
- (a) (i), (iii) and (iv)
(b) (i), (ii) and (iii)
(c) (i), (ii) and (iv)
(d) All of the above
45. Which of the following statements best defines the term 'social support'?
- (a) It refers to never getting into difficult social situations.
- (b) It refers to the existence and availability of people on whom we can rely upon, people who let us know that they care about, value, and love us.
- (c) It refers to the availability of people who never deny us anything.
- (d) It refers to the availability of a romantic relationship.
46. Which of the following statements are true about the effect of social support on one's health and well-being?
- The quantity of social support is unrelated to well-being, because it is very time consuming and demanding to maintain a large social network.
 - Generally, social support leads to mental health benefits for both the giver and the receiver.
 - Studies have revealed that women exposed to life event stresses, who had a close friend, were less likely to be depressed and had lesser medical complications during pregnancy.
 - Social support may be in the form of tangible support or assistance involving material aid, such as money, goods, services, etc., or emotional support.

- (a) (i), (iii) and (iv)
(b) (i), (ii) and (iii)
(c) (ii), (iii) and (iv)
(d) All of the above
47. Resilience has recently been defined to include which of the following resources?
- Interpersonal strengths
 - Problem solving skills
 - Inner strengths
- (a) Only (i) and (ii)
(b) Both (ii) and (iii)
(c) Both (i) and (iii)
(d) All of the above
48. Which of the following statements best describes the term 'resilience'?
- (a) It is a state of complete physical, mental, social and spiritual well-being, and not merely the absence of disease or infirmity.
- (b) It refers to the existence and availability of people on whom we can rely upon, people who let us know that they care about, value, and love us.
- (c) It is a dynamic developmental process referring to the maintenance of positive adjustment under challenging life conditions.
- (d) It is a behaviour or skill that helps to communicate, clearly and confidently, our feelings, needs, wants, and thoughts.
49. Read the assertion and reason statements given below and choose the correct alternative from the options that follow:
- Assertion :** the quantity of social support is unrelated to well-being.
- Reason :** it is very time-consuming and demanding to maintain a large social network.
- (a) Assertion is true but the reason is false.
(b) The assertion as well as the reason are false.
(c) Both the assertion and the reason are true and reason is the correct explanation for the assertion.
(d) The assertion is false but the reason is true.

3. Meeting Life Challenges

1. (c)	2. (d)	3. (c)	4. (a)	5. (a)	6. (d)	7. (b)	8. (a)	9. (c)	10. (c)
11. (b)	12. (d)	13. (a)	14. (c)	15. (a)	16. (b)	17. (c)	18. (b)	19. (a)	20. (c)
21. (c)	22. (a)	23. (d)	24. (b)	25. (c)	26. (a)	27. (a)	28. (b)	29. (b)	30. (c)
31. (d)	32. (a)	33. (d)	34. (d)	35. (c)	36. (b)	37. (a)	38. (c)	39. (b)	40. (a)
41. (d)	42. (a)	43. (d)	44. (c)	45. (b)	46. (d)	47. (d)	48. (c)	49. (d)	